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1989-90

# LOS ANGELES CITY SECTION

## CIF



### 1989-90 ATHLETICS RULES AND REGULATIONS

### SECTION III: CLASSIFICATION

The classification of all secondary school students for purposes of inter-school competition will be on the basis of age, height and weight, and in conformity with this table.

#### CLASSIFICATION TABLE

EXPONENT	AGE	HEIGHT	WEIGHT
13	(See page 34)		79- 84
14		85- 90	
15		91- 96	
16		97-103	
17		104-109	
18		110-115	
19		116-121	
20		122-128	
21		129-134	
22		47 down	135-140
23		47 1/2-49	141-146
24		49 1/2-51 1/2	147-153
25		52 -53 1/2	154-159
26		54 -55 1/2	160-165
27		56 -57 1/2	166-171
28		58 -59 1/2	172-178
29		60 -62	179-184
30		62 1/2-64	185-190
31		64 1/2-66	191 up
32		66 1/2-68	
33		68 1/2-70 1/2	
34	71 -72 1/2		
35	73 -74 1/2		
36	75 up		
37			
38			
39			
40			
41			
42			

Class C sum of exponents 84 or below.

Class B sum of exponents 89 or below.

Class A sum of exponents 90 or above.

Example: Age 15 years, 8 months, 20 days  
 Height 68 inches  
 Weight 136 pounds

Exponent for age	31
Exponent for height	32
Exponent for weight	<u>22</u>

Sum of exponents

Class B 85

AGE EXPONENTS

As of the 1st of September

<u>YEAR</u>	<u>DEC</u> 1	<u>JAN</u> 2	<u>FEB</u> 3	<u>MAR</u> 4	<u>APR</u> 5	<u>MAY</u> 6	<u>JUNE</u> 7	<u>JULY</u> 8	<u>AUG</u> 9	<u>SEPT</u> 10	<u>OCT</u> 11	<u>NOV</u> 12	<u>YEAR</u>
19									19 ---38---	18 <sup>11</sup> -----	18 <sup>10</sup> -----	18 <sup>9</sup> -----	19
19	18 <sup>8</sup> ---	18 <sup>7</sup> -----	18 <sup>6</sup> -----	18 <sup>5</sup> ---37---	18 <sup>4</sup> -----	18 <sup>3</sup> -----	18 <sup>2</sup> -----	18 <sup>1</sup> -----	18 ---36---	17 <sup>11</sup> -----	17 <sup>10</sup> -----	17 <sup>9</sup> -----	19
19	17 <sup>8</sup> ---	17 <sup>7</sup> -----	17 <sup>6</sup> -----	17 <sup>5</sup> ---35---	17 <sup>4</sup> -----	17 <sup>3</sup> -----	17 <sup>2</sup> -----	17 <sup>1</sup> -----	17 ---34---	16 <sup>11</sup> -----	16 <sup>10</sup> -----	16 <sup>9</sup> -----	19
19	16 <sup>8</sup> ---	16 <sup>7</sup> -----	16 <sup>6</sup> -----	16 <sup>5</sup> ---33---	16 <sup>4</sup> -----	16 <sup>3</sup> -----	16 <sup>2</sup> -----	16 <sup>1</sup> -----	16 ---32---	15 <sup>11</sup> -----	15 <sup>10</sup> -----	15 <sup>9</sup> -----	19
19	15 <sup>8</sup> ---	15 <sup>7</sup> -----	15 <sup>6</sup> -----	15 <sup>5</sup> ---31---	15 <sup>4</sup> -----	15 <sup>3</sup> -----	15 <sup>2</sup> -----	15 <sup>1</sup> -----	15 ---30---	14 <sup>11</sup> -----	14 <sup>10</sup> -----	14 <sup>9</sup> -----	19
19	14 <sup>8</sup> ---	14 <sup>7</sup> -----	14 <sup>6</sup> -----	14 <sup>5</sup> ---29---	14 <sup>4</sup> -----	14 <sup>3</sup> -----	14 <sup>2</sup> -----	14 <sup>1</sup> -----	14 ---28---	13 <sup>11</sup> -----	13 <sup>10</sup> -----	13 <sup>9</sup> -----	19

301 BASIC PRINCIPLES

- 301-1 When students are classified for athletic competition, no height or weight record will be accepted as a basis for classification if such record is less during the current year than for any previous year. In case a student, for legitimate reasons, shows a lower weight at the time of measuring than during a previous year, the weight of the previous year will be used in classifying the student for the current year.
- 301-2 A classification once established stands without change for the year for which it was taken.
- 301-3 Height and weight classifications shall not be made for cross country, gymnastics, tennis, baseball, soccer, volleyball, water polo teams, or swimming.
- 301-4 All weighing and measuring of height shall be supervised by the assistant principal or a designated representative. It is suggested that all members of a given sport be weighed and measured by the same individual.

Example: All students who participate in football should be checked by one individual; all basketball players should be checked by one individual, although the latter individual may not be the same who classified the football players. The individual who supervised the weighing and measuring of a student on a given squad shall certify on the Eligibility Certificate that he/she is responsible for the accuracy of the data reported thereon. This rule does not prohibit the use of an "assembly line" method of conducting classification where one individual weighs all students, a second checks the heights, a third totals the exponents, etc. The intent of the rule is to establish the responsibility for the accuracy of the data with specific and designated individuals.

- 301-5 All rechecks on a student's weight or height shall be made at the time of the original classification.

Example: A student is classified as having 90 exponents (Class A) but claims that an error was made in the weighing, or in measuring only 89 exponents. Such a claim must be made at the time of the original classification, and any recheck on weight or height shall be made immediately and on the same day as the original measurement.

- 301-6 When, in the opinion of the assistant principal, an error has been made in taking the measurements of an athlete, or in recording or computing the data, the assistant principal may rectify the error by submitting to the Director of Interscholastic Athletics the data which the former personally certified to be correct, accompanied by a written explanation of the circumstances.

302 TIME OF WEIGHING IN

For purposes of athletic classification, the weights and heights of students must be accomplished each year within two weeks after school begins. This weight and height is understood to be the student's normal weight and height.

303 WEIGHING IN LATE

If for any reason a student is not classified during the first two weeks of the school year of competition, such classification may be made later, provided the student has had no previous notice as to when it will occur, and provided also that the height and weight at this later date shall be the official classification for for the school year.

304 NO TRAINING DOWN

A student is ineligible for athletic competition for a semester in the event if it is proved that the student deliberately trained down to make a lower classification.

305 AGE

305-1

The age of a student during the school year is the age as of September 1. (See Age Table, page 34). When ages are computed, fractional parts of a month shall be disregarded.

305-2 In case of a conflict in determining the age of a competitor, the age as listed in the elementary school record of the competitor shall govern.

305-3 Because of age factor, a student must advance a total of a minimum of two exponents each year.

306 HEIGHT

The height measured in half inches is to be taken without shoes, and in no case may it be less than that of the previous classification or year. The student must have attained the height listed before the exponent value changes.

Example: The student remains at 49 inches until reaching 49-1/2 inches, or remains at 51-1/2 inches until reaching 52 inches.

307 WEIGHT

The weight is to be taken without clothing and in the presence of the assistant principal or the designated representative.

308 CLASSIFICATION GROUPS

308-1 When the sum of the exponents is 90 or over, the student may compete only on Class A teams.

308-2 When the sum of the exponents is 85, 86, 87, 88, or 89, the student is rated as Class B and may not compete on Class C teams.

308-3 When the sum of the exponents is 84 or less, the student is rated as Class C.

309 COMPULSORY ADVANCEMENT

When a student reaches the maximum points for one classification, the student must pass to the next classification at the beginning of the following year.

310 COMPETING OUT OF CLASS

310-1 If a Class B student competes in a league game on a Class A team; or if a Class C student plays on a Class B or a Class A team; or

if a JV moves up to A; by so doing, the student changes the classification in the activity for the remainder of the season of the sport and may not play on a lower class team in that activity again that semester.

TRACK: Students with B or C exponents shall be allowed to compete on Varsity, and students with C exponents may compete on B level during conference/league dual meet season, and they have the option to be able to return to lower classification beginning with the league preliminary meet.

CROSS COUNTRY: Frosh/Soph and Junior Varsity performers shall be allowed to compete on the Varsity team during league dual meet season, and they have the option to be able to return to lower classification beginning with the league final meet.

In League and City Finals, each school that enters a Junior Varsity team must enter a Varsity team. The Varsity team must be composed of the squad's top five junior and senior runners as determined by league dual meet times. If Frosh/Soph runners are entered in the varsity or Junior varsity race, their times must be included under the top five runners rule for Varsity entries.

SWIMMING: All schools participating in the swim program shall field Varsity, JV, and Frosh-Soph teams. Schools having a small number of team members may organize their swim teams on the basis that Frosh-Soph may compete either as Frosh-Soph or as Varsity members. The team shall field a Varsity team before it can field a JV team. Twenty team members should be the minimum of students on an interscholastic swim team.

Frosh-Soph swimmers, once moved up to Varsity for the league season cannot move back to the Frosh-Soph division until after the last league dual contest.

Competition in diving shall be non-classified. Participation in diving does not jeopardize the classification of the diver but does count as one of the events in which the student participated. Points would go Varsity.

310-2 If any student competes out of classification, that fact shall be indicated on the eligibility sheet. When an athlete competes out of class, an eligibility sheet must be sent immediately to the Director of Interscholastic Athletics. The athlete does not become a member of the higher class until actually competing in the higher classification.

310-3 A student may compete in a higher classification in any practice contest prior to the opening of league competition and be moved back down without penalty.

NOTE: For the nine-team conferences and special schools, this is interpreted to mean the numbers and dates of practice contests as indicated on the Athletic Calendar for an eight-team conference.

310 COMPETING OUT OF CLASS (continued)

Exception: When baseball plays a triple round, Varsity players moving down to JV must be moved down before the scheduled starting time of the first game of the second round as published in the Baseball Schedule of the Interscholastic Athletics Office. This date is not affected by postponed games.